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2014 IN CULTURE: A LOOK BACK

TAYLOR SHAKES IT OFF, AND KIM TAKES IT OFF. PAGES 16-20

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Restless city

New York in 2014. From the inauguration of a progressive mayor to a month of street protests, Metro looks back at a formative year in the city's history. PAGES 02-06

Millions march for racial justice in Manhattan on December 13. / MILES DIXON, METRO

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NEWS

Top 3

The best of Metro.us

1 Can you guess 2014's most Googled fashion designer?

2 Recipe: Make coffee-glazed walnuts for your New Year's party

3 The best-selling concerts of 2014

On the go

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10 Biggest New York stories of 2014

Mayor Bill de Blasio with his family on inauguration day./ BESS ADLER, METRO

De Blasio vows to bring progressive vision to New York City

Jan. 1

Mayor Bill de Blasio's inauguration turned the page on 12 years of Mayor Michael Bloomberg. De Blasio's supporters devoted their speeches to ripping into Bloomberg's record — without ever saying the name of the 71-year-old former mayor, who sat in the front row.

De Blasio acknowledged those who doubted his ability to realize his progressive agenda: "I know there are those who think that what I said during the campaign was just rhetoric, just 'political talk' in the interest of getting elected," he said. "So let me be clear. When I said we would take dead aim at the Tale of Two Cities, I meant it."

Eight confirmed dead in East Harlem explosion

March 14

A gas explosion that leveled two buildings in East Harlem killed eight people, injured 60 and threw a harsh spotlight on utility Con Edison and New York's aging and underfunded infrastructure.

Eric Garner is arrested and dies of a heart attack

July 18

GETTY IMAGES

Eric Garner, 43, was seen selling untaxed cigarettes on Bay Street in Tompkinsville around 4:45 p.m., police said. When they attempted to arrest him, he went into cardiac arrest. He was taken to a hospital and pronounced dead. An amateur video shows Garner being put into a chokehold by cop Daniel Pantaleo during the arrest. "I can't breathe! I can't breathe!"

CONTINUED ON PAGE 4

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CONTINUED FROM PAGE 2

NYPD to issue summons instead of arrests for small amounts of pot

Nov. 10

Police Commissioner Bill Bratton and Mayor Bill de Blasio said the NYPD will stop arresting most people in New York found carrying less than 25 grams of marijuana. Instead, those found with less than 25 grams will receive a summons to appear in court, and have their drugs seized.

Times Square Spider-Man hauled off after punching cop: NYPD

JULY 27

An amateur Spider-Man was anything but a hero after authorities said he punched an officer to evade arrest.

Police identified the masked menace as Junior Bishop, 25, of Brooklyn, collared on Saturday afternoon for assaulting the arresting police officer, resisting arrest, criminal mischief and disorderly conduct. Bishop was working the crowd near West 42th Street and Broadway, when an officer heard him refuse a$1 tip as too little.

"Mind your own f—---g business," Bishop allegedly said when the cop told a woman she could pay what she wanted. Bishop was arrested, but the web-head decided to fight back, slipping free and punching the rookie cop in the face.

De Blasio family spends first night at Gracie Mansion after Italian vacation

JULY 27

The de Blasio family are officially Manhattanites. After more than a week in Italy for a family vacation, Mayor Bill de Blasio, first lady Chirlane McCray and their two children will wake up at their new Upper East Side abode, the first time a family has lived in the 214-year-old house since former Mayor Rudy Giuliani's family moved out in 2000.

De Blasio first announced the family's intentions to move into Gracie in December, two weeks before his inauguration. But the family remained in their Park Slope townhouse while son Dante, 16, finished his junior year of high school at Brooklyn Technical High School.

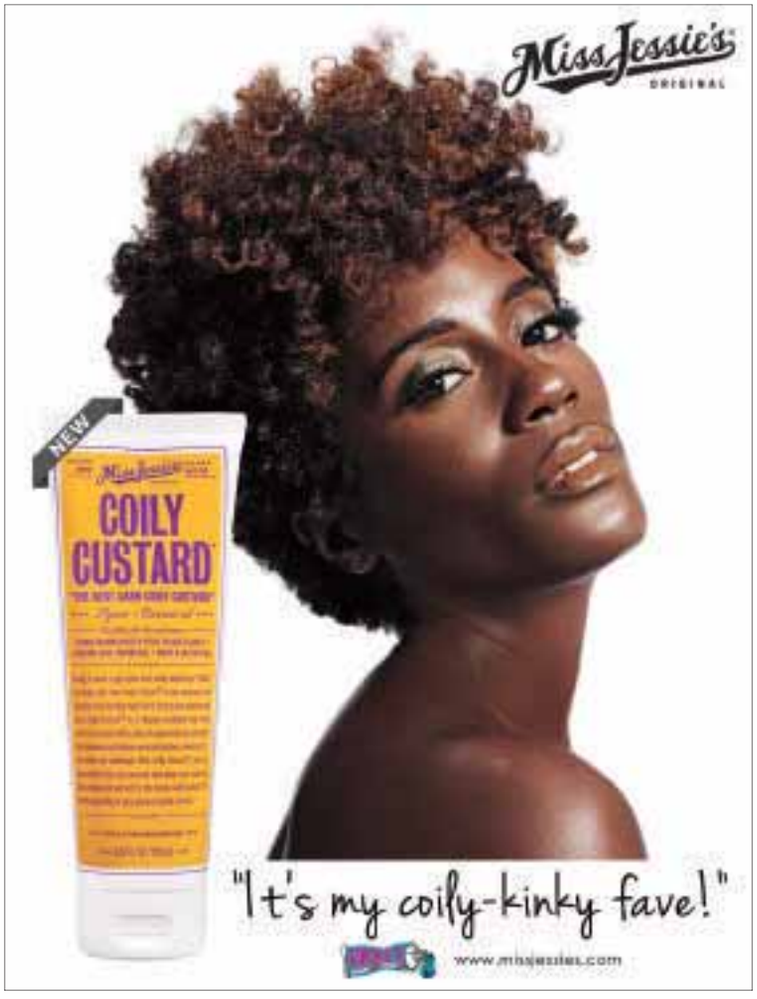
BESS ADLER, METRO

People's Climate March

September 21

More than 310,000 people flooded midtown Manhattan with one main message ahead of the United Nation's Climate Summit: do something about climate change."My kid's life is on the line," said Kim Gaddy, 50, an organizer with Clean Water Action in Newark. Nate Barnett, a student from Dillard University in New Orleans, said he knew he needed to march in New York because of the continued "devastation" from Hurricane Katrina.

CONTINUED ON PAGE 6



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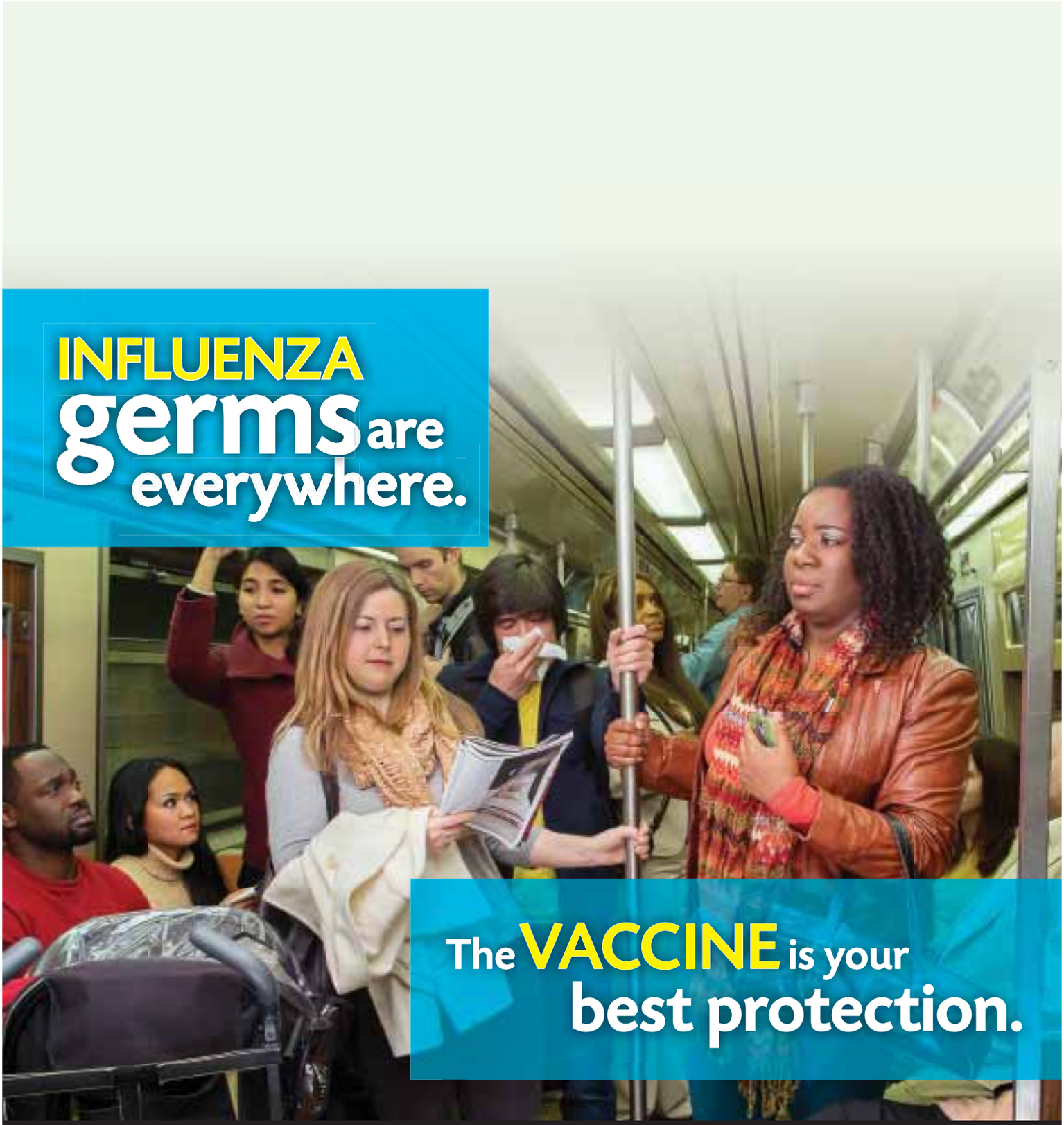

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NYC Health

DR. CRAIG SPENCER

Dr. Craig Spencer declared Ebola-free, released from hospital

Nov. 11

Dr. Craig Spencer, the only remaining Ebola patient in the United States, was released from Bellevue Hospital after officials said he'd been cured of the virus, and was no longer a public health risk.

Spencer, 33, had been treating Ebola patients in Guinea with Doctors Without Borders for five weeks before he returned to New York.

His release marked the end of the city's Ebola scare.

Cop who placed Eric Garner in chokehold won't be prosecuted

Dec. 4

Angry New Yorkers marched to Rockefeller Center's Christmas Tree lighting ceremony to protest a Staten Island grand jury's decision not to indict Police Officer Daniel Pantaleo in the chokehold death of unarmed black man Eric Garner.

"They protect the tree and not the citizen," said Donysha Smith, who stood in Rockefeller Plaza carrying a sign that read "Black lives matter."

"If they would protect the citizen like they protect the tree, s**t like that what happened to Garner wouldn't have happened!"

The decision sets off weeks of protest, sending tens of thousands into the streets, and thrusting Mayor Bill de Blasio into crisis.

Marchers in downtown Manhattan. / MILES DIXON, METRO

No justice, no peace - the NYC Millions March

Dec. 14

Tens of thousands of New Yorkers, from activists to families with small children, marched from Union Square up Fifth Avenue to Midtown Saturday and back to Police Plaza, to call for an end to police brutality and demand justice for Eric Garner and other victims of encounters with police.

The march, organized by a musician named Cid Nichols, and joined by groups including #BlackLivesMatter, a coalition of young multi-racial activists.

LIU

RAMOS

NYPD officers shot in Brooklyn

Dec. 20

Two NYPD officers were killed in broad daylight, shot while sitting in a patrol car in Brooklyn.

Officers Wenjian Liu and Rafael Ramos were pronounced dead at Woodhull Hospital. Police said Ismaaiyl Brinsley, who had a history of mental illness and run-ins with the law, posted anti-police content on social media before shooting the officers. Brinsley, who fled the scene and shot himself in a subway station.

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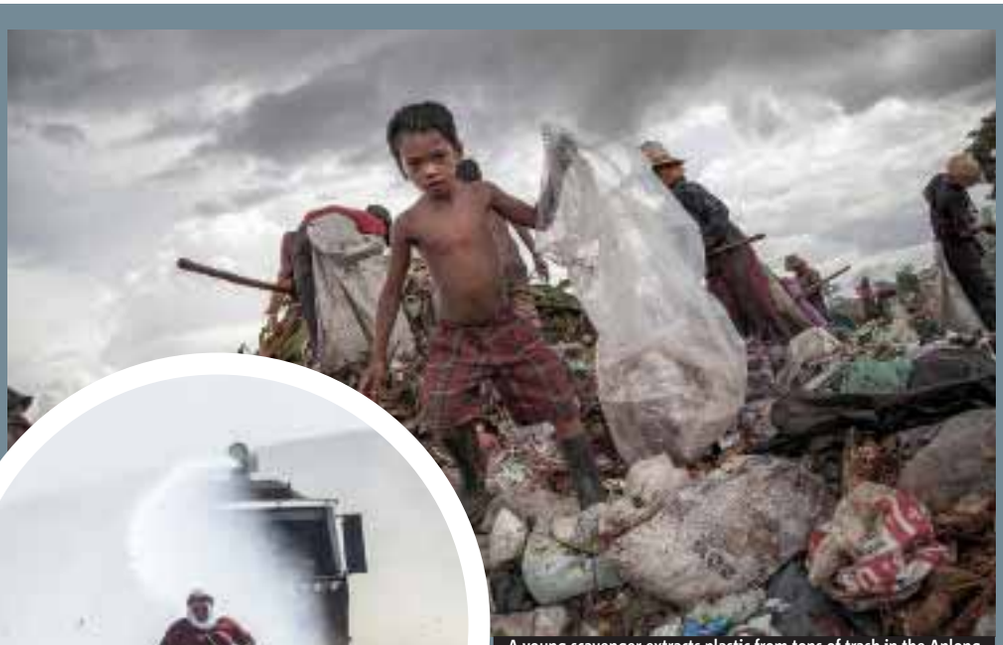

A young scavenger extracts plastic from tons of trash in the Anlong Pi on June 11 in Siem Reap, Cambodia. / ALL PHOTOS GETTY IMAGES

A competitor falls into muddy water during Tough Mudder at Phillip Island Grand Prix on March 22 in Australia.

A KURDISH WOMAN RUNS AWAY FROM AWATER CANNON DURING CLASHES WITH TURKISH SOLDIERS NEAR THE SYRIAN BORDER AFTER TURKISH AUTHORITIES TEMPORARILY CLOSED THE BORDER ON SEPTEMBER 22 AT SURUC.

Debris from Malaysia Airlines Flight 370 smoulders in a field July 17 in Grabovo, Ukraine.

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Genetic changes

Ancient DNA reveals history of horse domestication

Speed, smarts, and the heart of a champion: using genomic analysis, scientists have identified DNA changes that helped turn ancient horses such as those in prehistoric cave art into today's Secretariats and Black Beautys, researchers reported Monday.

Understanding the genetic changes involved in equine domestication, which earlier research traced to the wind-swept steppes of Eurasia 5,500 years ago, has long been high on the wish list of evolutionary geneticists because of the important role that taming wild horses played in the development of civilization.

Once merchants, soldiers and explorers could gallop rather than just walk, it revolutionized trade, warfare, the movement of people and the transmission of ideas. It also enabled the development of continent-sized empires such as the Scythians 2,500 years ago in what is now Iran.

REUTERS

A monstrous collection

PAUL MICHAEL HUGHES, GUINNESS WORLD RECORDS, REX FEATURES

World record

Moshi Monsters cache takes record

For many children, it's a fun toy experience. But for Lucy Neath, Moshi Monsters is a downright obsession. For Neath, 12, from Milton Keynes, this appetite for the toys — based on a virtual game that allows players to adopt their own pet monsters — has led her to amass 1,914 separate items of memorabilia. MWN

Collector's story

How toy collection came to life

Neath's feat has been recognized in the eighth edition of Guinness World Records Gamer's Edition 2015, out this week. The tiny creatures (moshlings) caught Lucy's eye three years ago when she started playing in the online children's forum. In two years, Lucy has posted hundreds of videos, gained over 14,000 subscribers and had 9,500,000 views.

Viewpoint

"I had no idea this would happen when I began playing Moshi three years ago. I spend most of my pocket money on Moshi merchandise and more than anything, I hope one day to go to Moshi HQ, as it would be a dream come true."

Neath

Moshi Monsters

- **Online game.** Gamers nurture virtual pet monsters and solve puzzles. The game has branched out into physical products, including toys and books.
- **Adoption of monsters.** Over 70 million Moshi Monsters have been adopted in over 150 countries worldwide: roughly a third in the United Kingdom, a third in the United States and a third across the rest of the world.

"I am totally overwhelmed to receive the Guinness World Record for the largest collection of Moshi Monsters memorabilia," said Neath. / REX FEATURES

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The Cicret will display information from any of your devices on your wrist. / CICRET

OMG! Cicret bracelet turns your arm into touchscreen display

With the Cicret Bracelet, you can make your skin your new touchscreen. / CICRET

A French developer has created a wristband prototype that projects your smartphone touchscreen on your arm. Twenty-five-year-old Guillaume Pommier's Cicret device uses eight proximity sensors that send information on your finger movement to the processor in your bracelet. So your smartphone can be controlled in extreme conditions, even underwater. "Not only your arm, but any surface can become a touchscreen," said Pommier, who is currently developing the first prototype of the gizmo.

Why do you want the Cicret bracelet to become reality?
We want to create an independent device that allows users to do what they want with a computer, tablet or phone, but on your skin or any surface you choose. The first purpose of a bracelet: to let you control the storage of personal information in a close and secure way.

Can it only work on skin?
In fact, any surface can become a touchscreen. Our pico-projector doesn't make any difference about it. The Cicret can lead to many possible breakthroughs in touchscreen devices. I think we will possibly have touchscreen mirrors, windows and fridges in two years' time.

When will the bracelet be available?
The first prototype will be ready in a few weeks. But the preproduction version will be out in June. **DMITRY BELYAEV, METRO WORLD NEWS**

Question

How could it be helpful?

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Online. Writing a great essay, step by step

Like many teenagers, Mya Dunlop's son Myles dreaded writing term papers and reports.

"He had a lot of struggles with writing, so we wanted to build an application to show how he learned," explains Dunlop.

That's how Myles and his mother came up with the idea for MyloWrites — a program they designed alongside education specialist Stacy Rosenblum that guides students as they write.

This new site says it will guide you through the writing process. / FUSE

Getting things organized

The founders describe the site as a tool that breaks writing down into steps. "What the student would do is start with the idea for the paper and then do research and put in the quotations they want to use. … It helps them with creating an outline, and then all of that work — that they do themselves — gets pumped into the essay process." **LAKSHMI GANDHI**

Breaking up the work

Through a series of prompts, students are instructed to do the following:

- Create a thesis statement
- Write an outline
- Back up their arguments
- Craft a conclusion

Using photography as a pathway to graduation

Extra credit. A library works to get students their diplomas.

The students in this semester's class celebrate their first photography show. / PROVIDED

Like most teenagers, high school senior Joshua Nowell had mastered the art of taking and posting selfies to social media but hadn't really considered photography beyond that. That all changed when officials at his school encouraged him to enroll in the Innovation Labs program at the Columbus Library.

"My school said, 'Hey, you need an art credit [to graduate], go to this program.' At first I thought, 'Oh, it's a photography program, I don't know,'" recalls Nowell. "But eventually, I started to love this program."

Run by Bridget McCormick, the Education Coordinator at the Columbus Library, the class teaches students the basics of photography. "The vast majority of students don't live [here], so this is a way for them to discover the neighborhood in a new way," explains McCormick.

As the students and their families sipped sparkling nonalcoholic cider while viewing their very first photography show, many said that they hoped to incorporate photography into their future careers.

Student Stephanie Llamas says the class made her more aware of the little things around her. "I notice things like the sunrise more, so I'll take a picture of that," Llamas tells us.

LAKSHMI GANDHI
@LakshmiGandhi
lakshmi.gandhi@metro.us

The Creation of 'Our Kitchen'

On December 18, the class gathered to view their first exhibit. "We ended up titling the show 'Our Kitchen' instead of 'Hell's Kitchen,'" says McCormick. "We did use NYPL's resources to research where those names came from and we came to the conclusion that there was nothing hellish about the neighborhood. They found the people here really friendly."

Self-portraits by students
NYPL, RICHERT SCHNORR

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Finances. What to do if you haven't saved enough for college

Soaring college costs mean many families will not be able to save enough to pay for a typical undergraduate education. If you haven't been saving since your child's birth, or you have, but it's not nearly enough, here's what to do now.

Having an honest conversation about what a family can afford is a big step. / DIGITAL VISION

Think about costs

College consultants recommend applying for at least one financial "safety school" — one whose costs you know you can handle — in addition to "target" schools that you can pay for with a stretch of your resources and "reach" schools that may be out of your range but could surprise you with generous financial aid.

Cut your spending

Paying as much of the bill as possible out of your current income will help you minimize the debt that you or your student need to take on. That means employing the usual budgeting hacks: eating out less and curtailing vacations.

Craft a strategy

Parents should limit their borrowing to what they expect to pay off within 10 years. If borrowing would interfere with your ability to save for retirement, though, you probably shouldn't take on the debt at all. REUTERS

Tip

Consider your alternatives

Having your child attend a nearby school so he or she can live at home, at least for the first year or two, can dramatically cut the cost of college. The average net price for room and board was $9,800 at public schools and $11,190 at private colleges.

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2 CULTURE

Premiere

'Fifty Shades of Grey' coming to Berlin film festival

In a move that makes Germany's prestigious Berlinale film festival seem kind of desperate, "Fifty Shades of Grey" will celebrate its international premiere there in February. The press release even goes so far as to call the roles of Christian Grey (Jamie Dornan) and Anastasia Steele (Dakota Johnson) "iconic." Guys, come on. This is soft-core S&M porn originally written as fan fiction for "Twilight," an already pretty terrible book series. Iconic doesn't really factor into it. **NED EHRBAR**

Top pop culture moments of 2014

Trending. Take a look back at the year's biggest celeb stories.

NED EHRBAR
@Nedrick
ned.ehrbar@metro.lu

1 #BreaktheInternet

Hashtag or no hashtag, I just checked and the Internet remains safely unbroken. But that doesn't mean this image of Kim Kardashian's physics-defying derriere hasn't broken something deep inside of me. Could be my spirit, could be my brain, tough to say.

But while Ms. Kardashian may not have broken the Internet, she did successfully sear this image into our collective cultural brain. So, good job? But do you think the designer of that dress was saddened that we all assumed it was a trash bag at first?

PAPER MAGAZINE

GETTY IMAGES

3 Justin Bieber's mug shot

After starting off 2014 with this glassy-eyed mug shot after he was arrested for drag racing, driving under the influence and whiningly resisting arrest, Justin Bieber managed to make it out of 2014 unscathed — well, pretty much. He's still juggling multiple pending court cases for a DUI, assaulting a driver and egging his neighbor's house.

TWITTER, @THEELLENSHOW

2 The ultimate Oscar selfie

Speaking of breaking the Internet, that's what Academy Awards host Ellen DeGeneres claimed she was trying to do with her star-studded selfie taken during the telecast — or at least she was trying to break Twitter. And DeGeneres's efforts were much more successful than Kardashian's, with the photo of DeGeneres along with Jennifer Lawrence, Channing Tatum, Meryl Streep, Julia Roberts, Bradley Cooper, Kevin Spacey, Brad Pitt, Lupita Nyong'o, the brother of Lupita Nyong'o and part of Jared Leto becoming the most retweeted photo ever.

5 Elevator fight

Grainy surveillance footage from May 5, 2014 was seen 'round the world. On their way out of a Met Gala afterparty, Solange Knowles lunges past sister Beyonce to unleash hell on brother-in-law Jay Z — and TMZ got its hands on the footage. Sadly, much like the rumors of marital strife that swirled around Beyonce and Jay Z all summer, this slap-fight may have been faked solely to boost ticket sales for their tour.

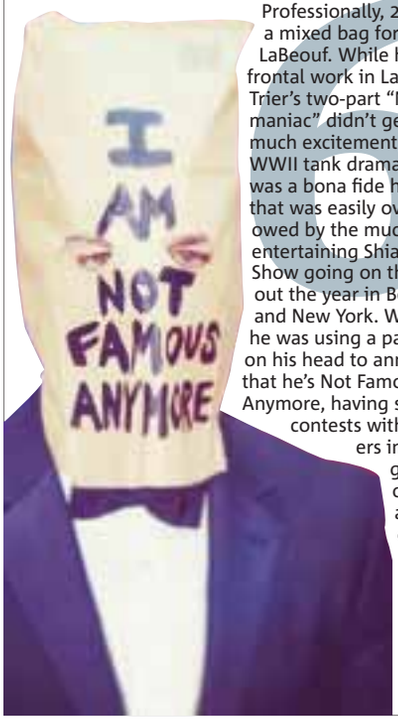
GETTY IMAGES

YOUTUBE, ADULT SWIM

4 'Too Many Cooks'

Finally recovered from the absurd, sinister, TV-inspired trip that was the warped "Adult Swim" viral hit "Too Many Cooks"? Time to fire it up again. There's probably a detail or two you missed, anyway. For instance, can you spot the very first appearance of machete-wielding madman Bill? Look carefully. The blend of '80s TV nostalgia, absurdism and blood-curdling terror became a beautiful pop culture stew to be savored again and again.

I'm not famous anymore/#IamSorry



Professionally, 2014 was a mixed bag for Shia LaBeouf. While his full-frontal work in Lars Von Trier's two-part "Nymphomaniac" didn't generate much excitement, his WWII tank drama "Fury" was a bona fide hit. But all that was easily overshadowed by the much more entertaining Shia LaBeouf Show going on throughout the year in Berlin, LA and New York. Whether he was using a paper bag on his head to announce that he's Not Famous Anymore, having staring contests with strangers in art galleries or getting arrested outside Broadway musicals, LaBeouf was tough to ignore.

Music: Women who ruled 2014

This year solidified something that's been clear for a few years now: When it comes to pop music, the ladies are killing it. Sure, the men put in a good showing, but when you turn on the radio (or stream via Spotify or Pandora or beam it in from space on Sirius XM), you're going to hear a lot of women. These are our picks for the women who defined pop music this year.

LISA WEIDENFELD AND EMILY LAURENCE

Beyonce

Her album came out in December 2013, technically, but there's no denying that it was one of the biggest hits of 2014. Plus, her cover of her own "Crazy in Love" turned the "Fifty Shades of Grey" trailer into something genuinely steamy.

Ariana Grande

It was hard to escape this pop star this year. Her album "My Everything" had three mega hits: "Problem" (with Iggy Azalea), "Break Free" (with Zedd) and "Love Me Harder" (with The Weeknd). Grande proved her Nickelodeon days are behind her.

Nicki Minaj

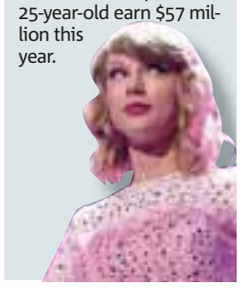
If you've gotten "Anaconda" out of your head once since you first heard it, we'd be surprised. Minaj scored another huge hit with this one, getting tons of hits for the music video co-starring Drake. The video set a Vevo record for the most views in its first 24 hours online.

Iggy Azalea

The rapper had a huge breakthrough year, teaming up with Charli XCX for "Fancy" and Ariana Grande for "Problem." And she claimed a piece of history: She's the only act besides the Beatles to have her first two top 100 Billboard hits rank Nos. 1 and 2.

Taylor Swift

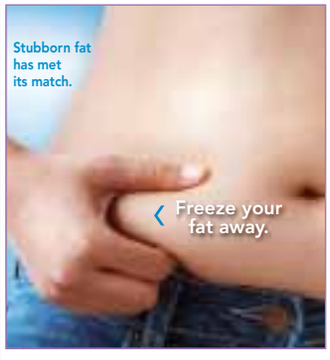
Taylor Swift's reign continued this year with the success of her first strictly pop album, "1989." It debuted at No. 1 on the Billboard charts, and her "Shake It Off" video has over 356 million views. A massive stadium tour and endorsements helped the 25-year-old earn $57 million this year.



Lorde

Eighteen-year-old Lorde went from singer to producer this year by curating "The Hunger Games: Mockingjay — Part 1" soundtrack. Including artists such as CHVRCHES, The Chemical Brothers and her own song, "Flicker Beat," earned her respect from critics and teen fans alike.

ALL PHOTOS BY GETTY IMAGES



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The 10 best films of 2014

List. Our favorite movie of the year featured ScarJo. We also loved us some Wes Anderson.

Scarlett Johansson plays an alien seductress in "Under the Skin," our pick for best film of 2014. / A24

Ralph Fiennes has a blast in the days leading up to WWII in Wes Anderson's "The Grand Budapest Hotel." / FOX SEARCHLIGHT

David Oyelowo, center, plays Martin Luther King Jr. in the civil rights drama "Selma." / PARAMOUNT PICTURES

'Edge of Tomorrow'

10 The first two-thirds of this Tom Cruise sci-fi are so good — it's "Groundhog Day" with aliens — which makes the so-so third that follows easy to excuse.

'Selma'

9 The first Hollywood film about Martin Luther King Jr. could have been a turgid biopic. Instead it focuses on a vital chapter that also shows the grunt work of activism.

'Two Days, One Night'

8 The latest from Belgium's Jean-Pierre and Luc Dardenne ("Kid with a Bike") is even better than usual, with Marion Cotillard rushing like mad to save her crappy job.

'Inherent Vice'

7 The year's funniest comedy is, of course, an adaptation of the nonadaptable Thomas Pynchon.

'Dear White People'

6 Justin Simien's temperature taking of modern times as reflected through campus life wasn't really about stupid white people so much as about the diversity of black life never shown on screens.

'We Are the Best!'

5 Amid all the misery and tragedy of this year, there was always this: a joyous comedy about Swedish tween punk rock girls.

'Listen Up Philip'

4 There were a lot of sociopath movies this year, such as "Whiplash" and "Big Eyes." Jason Schwartzman's young, cartoonishly pompous novelist wasn't even the worst of them, but he was the saddest — an upstart trying to be the kind of literary jerk of a bygone era and succeeding only at turning into a sour loner.

'National Gallery'

3 Legendary documentarian Frederick Wiseman has spent half a century making films about institutions. His latest, about the London institution, is more of the same, only more brilliant than usual.

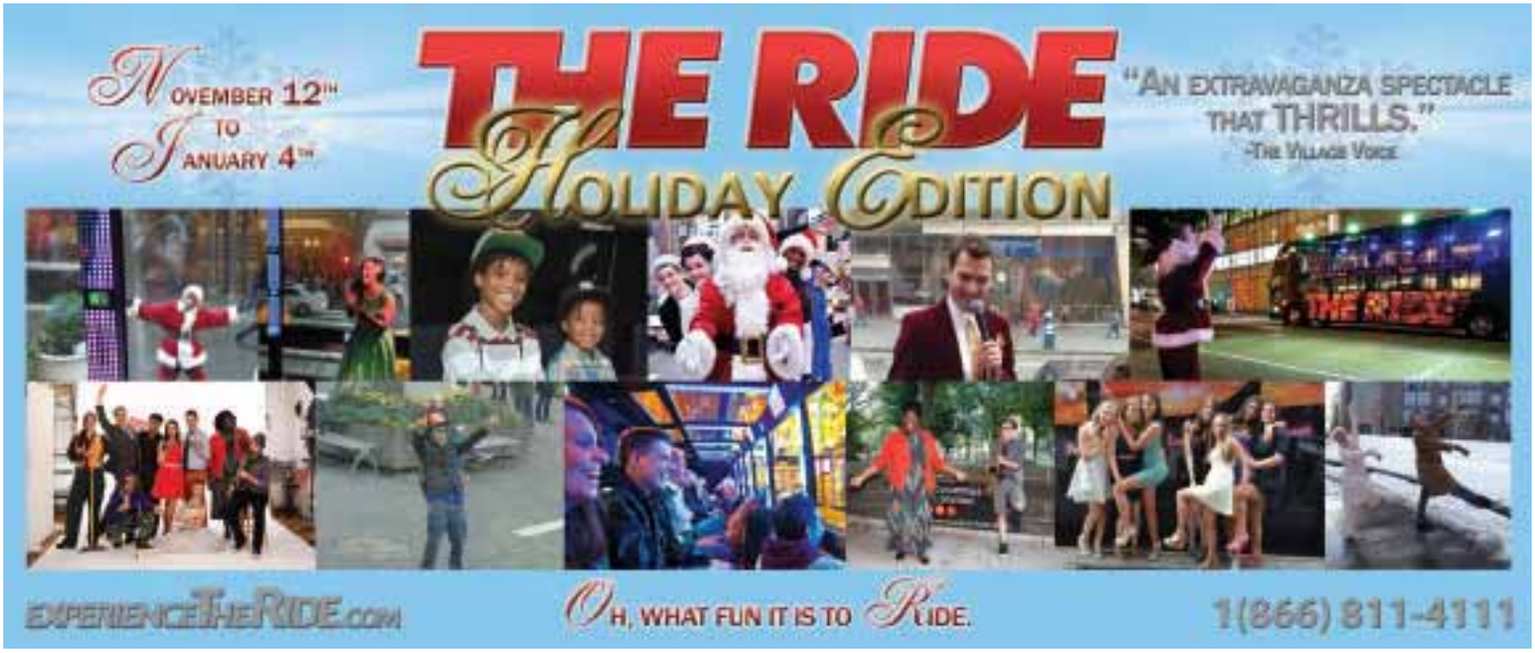
'The Grand Budapest Hotel'

2 Wes Anderson's latest is so hilarious that its deep despair isn't noticeable till a second viewing.

'Under the Skin'

1 Scarlett Johansson turned into an alien seductress in this mood piece, in which she trolls Glasgow luring bros to their deaths. It's also a study of ScarJo, celebrity: someone outside of us, lusted after yet unobtainable.

MATT PRIGGE
@mattprigge
matt.prigge@metro.us



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The year in TV

With so many new ways to watch TV and so many new channels trying out original content, it's easy to hit TV overload. It would be frustrating, if it weren't a sign of how much great TV there is to watch these days. In that spirit, we've collected a list of shows to honor for the things we liked about them, rather than a simple top five ranking. **LISA WEIDENFELD AND LAKSHMI GANDHI**

Show we'll miss the most

'The Colbert Report'

Nation, it's hard to believe that we just said our final goodbyes to "Stephen Colbert" the jingoistic, America-loving right-wing host of "The Colbert Report" — who's played, of course, by comedian Stephen Colbert. Since 2005, the show's loyal Colbert Nation has witnessed Colbert lampoon countless politicians and cable news pundits, profile many of those same politicians in his much-loved "Better Know A District" segment and lavish his beloved "Papa Bear" — talk show host Bill O'Reilly — with praise. As Colbert leaves his "well-intentioned, poorly informed," character behind, it will be interesting to see how quickly his fans adjust to his non-satirical persona once his new CBS late-night show debuts in 2015.

SCOTT GRIES, PICTUREGROUP

Gone too soon

NICOLE WILDER, ABC

'Selfie'

For avid television watchers, it's always disappointing when a new show is cancelled just as it's finally hitting its stride. 2014's saddest cancellation casualty was surely the John Cho/Karen Gillan sitcom "Selfie." A modern-day twist on George Bernard Shaw's play "Pygmalion," the show followed a self-centered aspiring starlet (Gillan) who sees social media as her ticket to fame. Cho portrays the marketing exec trying to transform her into someone less self-absorbed. "Selfie" was pulled from the air in November, but fans did get a gift of sorts — the remaining episodes are on Hulu.

Best talk show guest

Emma Stone, 'The Tonight Show Starring Jimmy Fallon'

There was one main thing that happened on a talk show that we watched repeatedly: Emma Stone's lip sync renditions of Blues Traveler's "Hook" and DJ Khaled's "All I Do Is Win." We're pretty sure it's Stone's efforts that inspired Fallon to create a spinoff show just for lip syncing.

GETTY IMAGES

Best new show

'Transparent'

Amazon has been creating original programming for some time now, but they finally hit the jackpot with "Transparent," from former "Six Feet Under" writer Jill Soloway. It's a sitcom, in the sense that it's a half hour long and it's funny, but it can also be heartbreaking. The show tells the story of Maura, or, as her family knows her, Mort, who comes out as a transgender woman late in life. Jeffrey Tambor is fantastic in the lead role, and Amy Landecker, Jay Duplass and Gaby Hoffmann are compelling as Maura's kids, who are working through their own issues.

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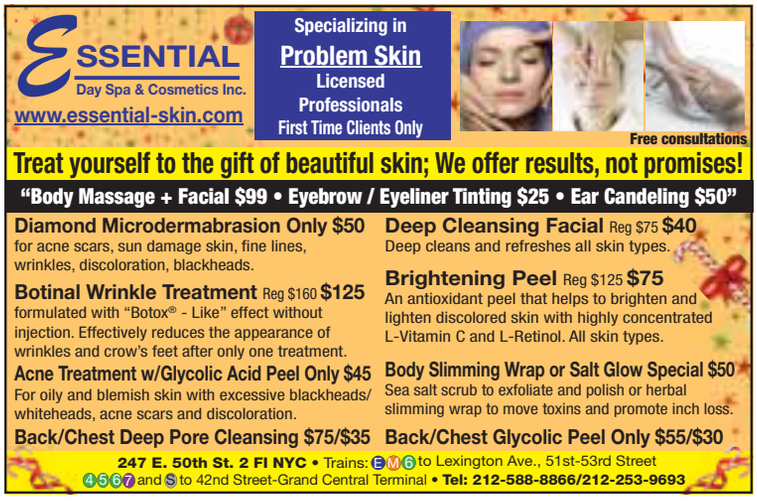
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Tip

Watch your diet

Sweets might energize you in the short term, but they also pack on the pounds — not to mention whatever boost they may give your mood is followed by an intense crash. "Eating protein and slow-impact carbs, like lentil stew, doesn't create those peaks and dips in the blood sugar," says Rosenthal.

3 Ways to shake the winter blues

SAD. Beat the "unholy alliance" of winter mood sappers.

With the shorter days and harsh weather of winter, many of us are left feeling out of whack. Sluggishness sets in, we binge on heavy comfort foods, motivation wanes and a general feeling of lethargy takes over.

"The dark and the cold create an unholy alliance with each other," says Dr. Norman E. Rosenthal, author of "Winter Blues."

According to Rosenthal, who first described seasonal affective disorder 30 years ago, levels of the feel-good hormone serotonin naturally drop during the dark days of winter. For a boost, we instinctively reach for sweet foods and simple carbs.

"What's happening is people are sort of medicating themselves with cakes and candies and eggnog," says Rosenthal. "Then you feel really badly about yourself because you feel like you're not in control."

For roughly half a million Americans, the blues are severe enough to be diagnosed as seasonal affective disorder. The good news is that there are steps you can take to get back to feeling like yourself.

MARIANNE HAYES
MetroPhilly
letters@metro.us

Winter doesn't have to mean going into hibernation mode. / GOODSHOT RF

1 Lighten up

Bring some more light into your home: Paint the walls light colors, and scrub your windows of any excess grime to really let the sunlight in. If you live in a space with limited exposure to natural light, Rosenthal advises investing in a fluorescent-based light box; it should put out about 10,000 lux of white light (not blue). Research has shown that 50 to 80 percent of light therapy users experience complete relief of symptoms.

2 Get out and exercise

You may need to give yourself a pep talk beforehand, but working out during the colder months is an excellent way to stave off the winter blues. "Bundle up and get out on a bright winter day," says Rosenthal. "If there's snow on the ground, the snow reflects a lot of light, and that can be very pleasant." But even if it's a cloudy day, you'll still benefit from a brisk walk: One hour of outdoor aerobic activity is comparable to 2 1/2 hours of light treatment.

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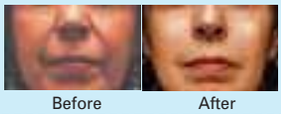

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SELF-HELP GURU TONY ROBBINS: EVERYONE CAN GENERATE WEALTH

Tony Robbins is back with his first book since the 1990s. / PROVIDED

Quoted

"The greatest investors in the world are obsessed with never losing. ... So knowing this, they have a plan to protect themselves."

Robbins

Generating wealth is something that people don't like to openly talk about — especially in the current economy. One person who hasn't had that problem is Tony Robbins, a prominent leader in the self-help industry.

The companies that Robbins has founded or partnered with have a combined annual sales of more than $6 billion. Now Robbins is ready to explain how he gets things done with his new book "MONEY Master the Game: 7 Simple Steps to Financial Freedom." I talked to Robbins about some of the ideas and strategies he details in the book.

What did you learn from Charles Schwab and Carl Icahn about creating wealth?
What I learned that all of these people have in common is that the greatest investors in the world are obsessed with never losing. Most investors are trying to win. Their view is no matter how smart they are, they're going to be wrong and they can't afford to lose, so knowing this they have a plan to protect themselves.

Jobs advice

DAN SCHAWBEL

DANSCHAWBEL.COM

Dan Schawbel is a workplace expert, keynote speaker and author of The New York Times best-selling book, "Promote Yourself: The New Rules For Career Success."

How can a recent college graduate, with student loan debt, benefit from your financial action plan?
The first step of course is to make sure you're paying the least amount of interest on your current debt. The second step is to start automating a pattern for growing so that you can start tapping into compounded growth and move from being a debtor to an owner of the world's greatest businesses.

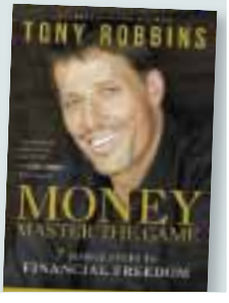
What are your top three pieces of career advice?
No. 1 is decide what matters to you most. Everyone is different. For some people what matters most is position and prestige. For some people it's money, and for others it's fun. For some people it's free time, for some people it's the ability to express their creativity unedited. You've got to know what's most important to you.

Secondly, everyone says, "Live your passion and the money will come." This simply is not true! It's possible to live your passion and the money will come, but only if the way you live your passion adds more value to other people's lives. In my case, I was able to find a way to have my passion and my work be one in the same.

Third, if you're going to succeed, there's only one secret: Every day, work harder on yourself than anything else. If you keep growing, then you'll have something to give.

Money matters

This is your first book in nearly two decades. Why did you decide to write a book about financial freedom now?
Well, I've spent the last 37 years of my life obsessed with helping people find answers to improve the quality of their lives — to create breakthroughs. I help them to create change in minutes that might have taken them months or even years, compressing decades into days. And when you look at it, there are only really a few areas of life that impact you most: your emotions, physical body, relationships and, of course, money.



You don't want employers to be turned off by what they find on your page. / DIGITAL VISION

Social media. Make your Facebook profile ready for job hunting

You have heard it time and time again: Be aware of what you're posting on Facebook, because once it's on the Internet, there is no taking it back.

How do you make sure that your Facebook profile is job hunt ready? Here are some tips:

Delete. Start with the obvious: Delete everything from your Facebook profile that you wouldn't want an employer to see. Also remember to go through all of your albums, notes and pages that you have liked and make sure to remove anything that you wouldn't want people outside of your friend circle to know about you.

Un-friend. Review the list of friends and connections you have collected over the years on Facebook. Un-friend anyone who may make you look bad. Remember that just because your profile may be closed and private, that doesn't mean theirs is.

Good advice

Think first, post later. Although it's impossible to go back and tell yourself not to post something, you can exercise some caution moving forward. Think about your goals as a job-seeker or professional before you post anything. This includes photos, wall posts on friends' walls, status updates, etc.

Update your privacy settings. Make sure that non-friends only have access to information you want to share. Double-check your privacy settings each time you post, as some posts can default to appearing to all users, not just your network.

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Horoscope

♑ Capricorn | Dec. 22-Jan. 20. Take the word "failure" out of your vocabulary. Focus on what you want, take charge, reach your destination and ring in the new year on a high note.

♒ Aquarius | Jan. 21-Feb. 18. Include loved ones in your plans. Someone will use emotional blackmail to get you to do something. Say what's on your mind.

♓ Pisces | Feb. 19-March 20. Difficulties while traveling will prove stressful. Confiding in a close friend will help you find a solution to a relationship problem.

♈ Aries | March 21-April 20. You are on the right path, so don't let criticism or disparaging comments upset you. Your success will be enough to silence critics.

♉ Taurus | April 21-May 21. Personal and business associates will be impressed with your knowledge and charisma. Beneficial changes lie ahead. A new partnership is promising.

♊ Gemini | May 22-June 20. You will receive advice from an elderly friend or relative. A partnership needs adjustment if you want to strengthen your bond.

♋ Cancer | June 21-July 22. A lot of issues can be resolved. Let your thoughts be known, and don't hesitate to make a move. People will gravitate to you.

♌ Leo | July 23-Aug. 22. You are dynamic, and you will attract favorable attention if you attend an event. Someone you meet will play an important role in your plans for the coming year.

♍ Virgo | Aug. 23-Sept. 22. Family members will be hard to deal with. This is a great time to get together with friends or colleagues. Socialize and have fun.

♎ Libra | Sept. 23-Oct. 22. Stimulate your senses. Try something you have been dreaming about or visit a place that intrigues you.

♏ Scorpio | Oct. 23-Nov. 21. Let everyone know what you have to offer. Your co-workers will be impressed with your suggestions to improve the workplace.

♐ Sagittarius | Nov. 22-Dec. 21. It's a good time to make travel arrangements. The destination is not as important as who you will be spending time with. EUGENIA LAST

Sudoku: Easy and hard

			2	4			3	8
6				5		9		
2			9				4	
8		1					6	7
	2						8	
4	5					3		9
	8				9			4
		5		1				2
7	6			8	4			

						3	6	
	2							8
8		6	9	7	2			
		5		9	1		3	
	6		2		7		9	
	1		6	8		7		
			1	4	9	5		3
4							8	
	5	3						

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Best of 2014

Through the holidays, Metro takes a look at the issues important to letter writers in 2014. Whether it was gun violence, domestic violence or world conflicts (or cyclists!) Metro readers had a lot to say. Here are some excerpts:

Cyclists

Who are all the bikers who choose to ride against traffic? It's so dangerous for both parties: With a bike going 10 miles per hour and a vehicle going 30-40 miles per hour heading toward one another, that doesn't leave time to prevent a head-on collision.
MIKE DISCOLO (MAY 21)

Have these people saying they prefer to ride a bike against the traffic ever heard of a great invention called a rearview mirror? They make them for bicycles, too. You can ride with the traffic AND see what's behind you!
SUZANNE PALAU (MAY 21)

Eighty percent of bike-car collisions occur at intersections. Motorists look only in the direction of oncoming traffic before bolting out. If you bike against traffic flow, you are totally invisible to motorists. According to the League of American Bicyclists, 14 percent of bike-car crashes involve wrong-way bicycling, while only 3 percent involve motorists striking a bicyclist from behind.
BOB STERNER (MAY 22)

People who complain about cyclists are not trying to compare pedestrians' behavior with that of cyclists. They are complaining about cyclists' reckless endangerment of both pedestrians and drivers. Cyclists should take responsibility for their own behavior.
ELIZABETH HENDERSON (SEPT. 30)

Yet not one of these people ever says the police should crack down on lawless pedestrians. Could it be that these two-faced hypocrites are themselves lawless pedestrians with a severe conflict of interest?
JACK DICKENSON (NOV. 4)

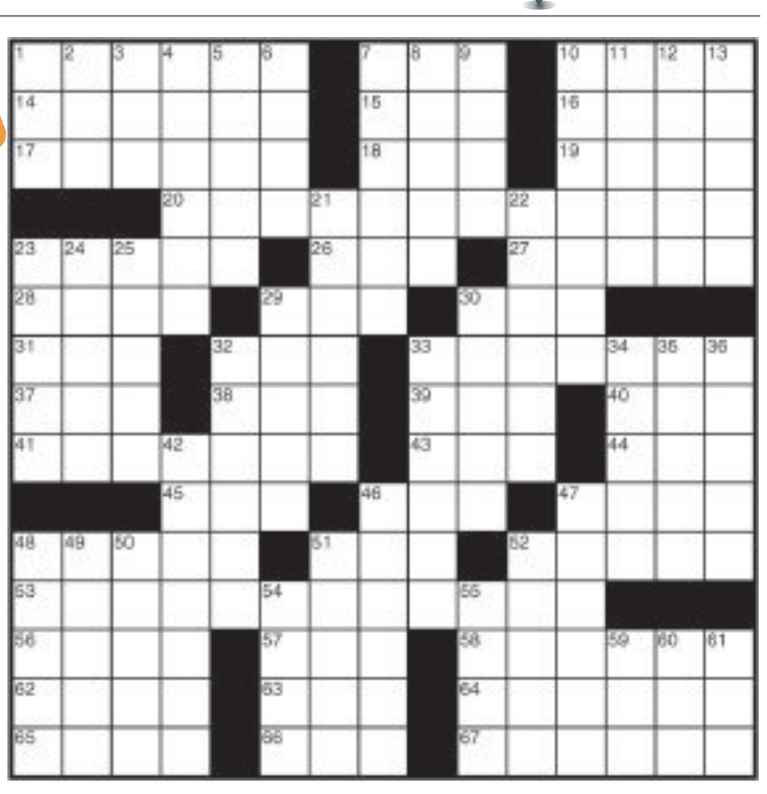
letters@metro.us
Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Crossword

Across
1 Stunned, with "over"
7 Happy shout
10 Tattered
14 Colorful percher
15 Absent-minded murmur
16 Low-fat spread
17 Fancy
18 NASA counterpart
19 El — (ocean current)
20 Blue wildflowers (hyph.)
23 Expand
26 Gore and Capone
27 Not trendy
28 Bouquet
29 Road "beetles"
30 Marshy place
31 Ullmann of cinema
32 Food steamer
33 Left the union
37 Catwoman, to Batman
38 Dazzle
39 Villain's laugh
40 Caviar, actually
41 Like a zebra
43 Classified items
44 Betrayer
45 None at all
46 DJ's supply
47 Stick around
48 F. — Fitzgerald
51 Stickum
52 Turned toward
53 Celt halter, hopefully (2 wds.)
56 Pakistan's language
57 Web suffix
58 Damaged by hail
62 Raced
63 Med. plan
64 Drove a volleyball
65 This place
66 Lubber's aye
67 Squire around

Down
1 — and hiss
2 Bobby of the NHL
3 End up ahead
4 Casual shoe
5 Singer — John
6 Venison
7 Potters' needs
8 Expels
9 "Kapow!"
10 Freighter capacity
11 Hodgepodges
12 Finds a tenant
13 Rope's slipknot
21 Stared
22 Time periods
23 Gorges, maybe
24 — box
25 White cliffs town
29 I or U
30 Droplets
32 Elk
33 Eclipse phenomenon
34 Greek column type
35 Steer clear of
36 Asked out
42 Trespass
46 Universe
47 Sweden's sea
48 "Be quiet!"
49 "— diem!"
50 More weird
51 Dwarf cousin
52 Goes wild over
54 "— Breaky Heart"
55 Church part
59 Tyson stat
60 Always, to Byron
61 Banned bug spray

Weekend's answer



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Top 10 stories of 2014

Derek Jeter dominated the headlines in what was, largely, a rough year in New York sports history.

BY DENIS GORMAN

Derek Jeter went out a winner at Yankee Stadium. / GETTY IMAGES

10 Jeter's final home game

The game contested at the ballyard on 161st Street and Rivera Avenue on the night of Sept. 25 was a precursor to the Yankees and their fans bidding a final farewell to Derek Jeter, and he to them.

Naturally, Jeter left an unforgettable memory for everyone watching, as he slapped a one-out RBI single to right to plate Antoan Richardson with the game-winning run in the bottom of the ninth. Jeter went out a winner, with the Yankees grabbing a 6-5 win over the Orioles.

9 Mother's Day goal by St. Louis

Madison Square Garden was a cauldron of legitimate emotion on May 11, 2014. The newest Blueshirt, Martin St. Louis, had lost his mother just three days prior. St. Louis sent the Garden crowd into a frenzy early in Game 6 against Pittsburgh by poking a Derek Stepan rebound past goaltender Marc-Andre Fleury.

PHIL JACKSON IS BACK IN NEW YORK. GETTY IMAGES

8 Phil Jackson returns to Knicks

For years, the hypothetical conversation began thusly: "Could you imagine what it would be like if Phil Jackson coached the Knicks?" While Jackson has said his coaching days are over, he is now tasked with reconstructing the beleaguered franchise as he was introduced on March 18 as team president.

7 Lundqvist's cartwheel save

When Henrik Lundqvist is inducted into the Hockey Hall of Fame, rest assured his cartwheel save on Thomas Vanek in Game 6 of the Eastern Conference Final will be on the highlight reel. The play happened with the two teams deadlocked, 0-0, with 4:39 left in the second period.

6 Idzik's strange rant to media

The Jets' general manager met with reporters at the team's Florham Park training facility for his mid-season press conference on Oct. 27 and rambled for 38 minutes - including a 19-minute soliloquy before he took questions.

5 Goodell meets the media

Roger Goodell stood in front of a back-drop at the New York Hilton on Sept. 19 with the North American sporting world waiting upon his every word. Forty-five minutes after he uttered his introductory statement, the reaction to the NFL commish was an amalgamation of disgust, ridicule and contempt.

4 Fenway bows to Jeter

Here's the thing about sports rivalries. By and large, when fans claim to "hate" an opponent, it has to do with their concern that the athlete will have success against the team they root for. So that athlete is despised. Truth is, it's not hate that the fans have for the athlete. It's a respect for their accomplishments. And if you need proof, look at Derek Jeter's final series as a pro baseball player. Red Sox fans at Fenway Park cheered Jeter's every moment that weekend after loathing him for nearly two decades. Hate had transformed into respect.

Derek Jeter tips his cap to Boston. / GETTY IMAGES

3 Carmelo scores big at MSG

The heir apparent to Bernard King's scoring legacy wrote his own chapter in Madison Square Garden lore on the night of Jan. 24. Carmelo Anthony made one shot, then two, then 23 as he finished with a Garden record 62 points in the Knicks' 125-96 destruction of the Charlotte Bobcats. Anthony broke King's single-game franchise record for points and surpassed Kobe Bryant's single-game record for points scored at MSG.

Carmelo was on fire back on Jan. 24. / GETTY IMAGES

2 Thank you, Marty!

The masked face of the New Jersey Devils skated onto the Prudential Center ice and into a love-in on the afternoon of April 13. While no one could bring themselves to say the words, it was understood that the season finale against the Bruins would be Martin Brodeur's last game as a Devil. That Brodeur only had to make 16 saves against Boston was irrelevant.

Martin Brodeur's swan song came in April. / GETTY IMAGES

1 SPORTS

Top 10 of 2014

Odell's catch

Whispers were attached to Odell Beckham Jr.'s name. Injury prone. Soft. Bust. He had spent much of training camp attending to an injured hamstring, frustrating his team and a fanbase that had heard and read tales of his athletic genius. When Beckham did take the field, he tantalized with flashes of his considerable physical gifts. Simply, the glimpses served as prologue to the jaw-dropping, one-handed, leaping catch he made against the NFC East rival Cowboys on Nov. 23 in front of a nation-wide audience. That the Giants lost the game, 31-28, was an afterthought to what many called the greatest catch in NFL history.

Visit **Metro.us** to read Kristian Dyer's take on all things Jets.

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Notice of Formation of 736 Tenth Avenue Cafe LLC. Articles of Organization filed with Secy. Of State of NY (SSNY) on July 3, 2013.Office location: New York County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: LLC c/o: 736 Tenth Ave., New York, NY 10019. Purpose: Any lawful activity.

Legal Notices

Notice of Formation of MI COMEDOR, LLC. Articles of Organization filed with Secy. of State of New York (SSNY) on September 15, 2014. Office location: New York County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, 1374 First Ave., Suite 1A, New York, NY 10021.

Notice of Formation of Erika Oppenheimer, LLC. Articles of Organization filed with Secy. of State of New York (SSNY) on 11/10/2014 Office location: New York County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: LLC c/o 116 West 23rd Street, 5th Fl., New York, NY 10011. Purpose: Any lawful activity.

Notice of Formation of 235 Properties LLC Articles of Organization filed with Secy. of State of NY (SSNY) on October 9, 2014. Office location: Kings County SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 518 12th Street, 3rd Floor, Brooklyn, NY 11215 Purpose: Any lawful activity.

Notice of Formation of WL7 LLC Articles of Organization filed with Secy. of State of NY (SSNY) on October 14, 2014. Office location: New York County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail to: c/o Kibum Lee, 100 Riverside Blvd. Suite 25A, New York, NY 10069. Purpose: Any lawful activity.

NOTICE IS HEREBY GIVEN that a license, Number 1282334 for Restaurant Wine has been applied for by the under signed to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 3425 Sunrise Hgwy., Wantagh, NY 117293 for on premise consumption. Dami Sushi & Terriaki Corp.

NOTICE IS HEREBY GIVEN that a license, Number 1245206 for Restaurant Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant) under the Alcoholic Beverage Control Law at 4799 Broadway, New York, NY 10034, formerly located at 4842 Broadway, New York, NY 10034 for on-premise consumption. Beans & Vines Corp.

Legal Notices

NOTICE IS HEREBY GIVEN that a license, Number 2198228 for Restaurant Wine has been applied for by the under signed to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 1616 Main Street, Pleasant Valley, NY 12569 for on-premise consumption. Ng and CJ Inc. d/b/a Tokyo Tavern.

Notice of Qualification of 700 Pharmacy LLC. Application for Auth. filed with the Secy. of State of New York (SSNY) on 10/16/2014. Office location: NY County. LLC formed in Pennsylvania (PA) on 11/09/2012. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 700 Pharmacy LLC, 700 East Townshipline Rd, LL1, Havertown, PA 19083. Arts. Of Org. filed with PA Secy. of State, 401 North Street, Harrisburg, PA 17120. Purpose: any lawful activity.

Notice of Qualification of Insight Pharmaceutical Solutions, LLC. Application for Auth. filed with the Secy. of State of New York (SSNY) on 11/19/2014. Office location: NY County. LLC formed in Pennsylvania (PA) on 9/12/2013. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to LLC c/o Incorp Services, Inc., One Commerce Plaza, 99 Washington Ave. Suite 805-A, Albany, NY 12210-2822. Albany County. Arts. of Org filed with PA Secy. of State, 401 North St., RM 406, Harrisburg, PA 17120. Purpose: any lawful activity.

NOTICE IS HEREBY GIVEN that a license, Number TBA for Tavern Wine has been applied for by the undersigned to sell Wine & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at: 98 Avenue C, New York, NY 10009 for on-premises consumption. Lois Barr LLC

NOTICE IS HEREBY GIVEN PURSUANT TO LAW, that the NYC Department of Consumer Affairs will hold a Public Hearing on Wednesday, January 14, 2015 at 2:00 p.m. at 66 John Street, 11th floor, on a petition for Paul's Corner Inc. to continue to maintain, and operate a small unenclosed sidewalk café 801 Lexington Ave. in the Borough of Manhattan for a term of four years.

NOTICE IS HEREBY GIVEN that a license, Serial # 1283050 for Wine & Beer has been applied for by the undersigned to sell Wine & Beer at retail under the Alcoholic Beverage Control Law at 102 Berry Street, Brooklyn, New York 11249, Kings County ,for on-premise consumption. Oregano LLC.

NOTICE IS HEREBY GIVEN that a license, Serial # 1283042 for Liquor Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail under the Alcoholic Beverage Control Law at 33 Hudson Street, New York, NY 10013, NY County, for on-premise consumption. Layla Tov Inc.

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NOTICE IS HEREBY GIVEN that a license, Serial # 1282818 for Liquor Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail under the Alcoholic Beverage Control Law at 211 Avenue A, New York, NY 10009, NY County ,for on-premise consumption. Tavern 211 Corp.

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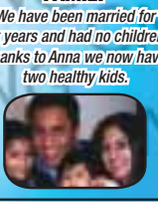

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SPECIAL EXTRA 20% OFF CLEARANCE HANDBAGS
Special 58.80-238.80. Orig.* $98-$398. From designers too famous to mention.

IT'S OUR BIGGEST DENIM EVENT OF THE SEASON
IT'S OUR BIGGEST UNDERWEAR SALE OF THE SEASON
IT'S OUR BIGGEST WHITE SALE OF THE YEAR
IT'S OUR BIGGEST FASHION CLEARANCE EVENT OF THE SEASON

SPECIAL 50% OFF BOOTS FOR HER
Special 39.50-79.50. Reg. $79-$159. **Only at Macy's.** For example: ★ 1506815, ★ 1606577, ★ 1491458 & ★ 1491539. All 5-10, 11M.

SPECIAL 40% OFF TOASTERS, TOASTER OVENS AND GRIDDLES
Special 17.99-257.99. Reg. 29.99-429.99 Shown: Cuisinart, #CPT-180. ★ 103386.

SPECIAL 15.99 YOUR CHOICE
Reg. 59.99. **Only at Macy's.** Chef's pan (★ 945286) or deep dish (★ 945288) by Tools of the Trade.

SPECIAL 60% OFF MATTRESS PADS & TOPPERS
Special 19.99-319.99. Reg. $50-$800 From our Charter Club, Martha Stewart Collection™ and more. ★ 1534449.

SPECIAL 99.99 7-PC. SET
Reg. $300. **Only at Macy's.** Travel Select Creekside spinner luggage. ★ 991354.

OR, TAKE AN **EXTRA 15% OR 10% OFF†** MON-THURS WITH YOUR MACY'S CARD OR PASS

★macy's WOW! PASS
EXTRA SAVINGS ON ALL SALE & CLEARANCE APPAREL (EXCEPT SPECIALS & SUPER BUYS)

EXTRA 15% OFF

SELECT SALE & CLEARANCE APPAREL FOR HIM, HER & KIDS; PLUS FINE & FASHION JEWELRY. **EXTRA 10% OFF** ALL SALE & CLEARANCE WATCHES, COATS, SUITS, DRESSES, IMPULSE, INTIMATES, SWIM FOR HER; MEN'S SUIT SEPARATES & SPORTCOATS; SELECT SHOES & HOME ITEMS.

Also excludes: Everyday Values (EDV), Doorbusters, Deals of the Day, furniture, mattresses, floor coverings, rugs, electrics/electronics, cosmetics/fragrances, athletic apparel, shoes & accessories; Dallas Cowboys merchandise, gift cards, jewelry trunk shows, New Era, Nike on Field, previous purchases, special orders, selected licensed depts., special purchases, services. Exclusions may differ at macys.com. Cannot be combined with any savings pass/coupon, extra discount or credit offer except opening a new Macy's account. EXTRA SAVINGS % APPLIED TO REGULAR PRICES.

TEXT "CPN" TO 62297 TO GET COUPONS, SALES ALERTS & MORE!
Msg 1 msg/wk. Msg & data rates may apply. By texting CPN from my mobile number, I agree to receive marketing text messages generated by an automated dialer from Macy's to this number. I understand that consent is not required to make a purchase. Text STOP to 62297 to cancel. Text HELP to 62297 for help. Terms & conditions at macys.com/mobilehelp. Privacy policy at macys.com/privacypolicy

OR, USE THIS **$10 OFF† PASS** MON-THURS 'TIL 1PM

★macy's WOW! $10 OFF
ALL SALE & CLEARANCE APPAREL AND SELECT HOME ITEMS! (EXCEPT SPECIALS & SUPER BUYS)

$10 OFF
YOUR PURCHASE OF $25 OR MORE.
VALID 12/28-1/1/2015 'TIL 1PM.
LIMIT ONE PER CUSTOMER

Also excludes: Everyday Values (EDV), Doorbusters, Deals of the Day, furniture, mattresses, floor coverings, rugs, electrics/electronics, cosmetics/fragrances, athletic apparel, shoes & accessories; Dallas Cowboys merchandise, gift cards, jewelry trunk shows, New Era, Nike on Field, previous purchases, special orders, selected licensed depts., special purchases, services. Exclusions may differ at macys.com. Cannot be combined with any savings pass/coupon, extra discount or credit offer, except opening a new Macy's account. Dollar savings are allocated as discounts off each eligible item, as shown on receipt. When you return an item, you forfeit the savings allocated to that item. This coupon has no cash value and may not be redeemed for cash, used to purchase gift cards or applied as payment or credit to your account. Purchase must be $25 or more, exclusive of tax and delivery fees.

†EXCLUSIONS APPLY; SEE SAVINGS PASSES. MACY'S CARD/PASS DISCOUNTS DO NOT APPLY TO SPECIALS.

FREE SHIPPING EVERY DAY + EXTRA 15% OR 10% OFF + FREE RETURNS AT MACYS.COM! FREE SHIPPING WITH $99 PURCHASE. FREE SHIPPING WITH $99 PURCHASE. USE PROMO CODE: *MERRY* FOR EXTRA SAVINGS; OFFER VALID 12/28-1/1/2015. EXCLUSIONS APPLY; SEE MACYS.COM FOR DETAILS. FREE RETURNS BY MAIL OR IN-STORE. U.S. ONLY. EXCLUSIONS APPLY; DETAILS AT MACYS.COM/FREERETURNS

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Fine jewelry specials are available only at stores that carry fine jewelry. 75% off item(s) must be of equal or lesser value than purchased item(s); returns must include the purchased items.
➢ REG. & ORIG. PRICES ARE OFFERING PRICES AND SAVINGS MAY NOT BE BASED ON ACTUAL SALES. SOME ORIG. PRICES NOT IN EFFECT DURING THE PAST 90 DAYS. AFTER CHRISTMAS SALE PRICES IN EFFECT 12/28-1/1/2015. MERCHANDISE WILL BE ON SALE AT THESE & OTHER SALE PRICES THROUGH 1/3/2015, EXCEPT AS NOTED. *Our lowest prices of the season" refers to our winter season from 11/1-1/31/2015 and maybe lowered as part of a clearance. Macy's Card/savings pass discount doesn't apply to specials. *Intermediate price reductions may have been taken. ‡All carat weights (ct. t.w.) are approximate; variance may be .05 carat. Jewelry photos may be enlarged or enhanced to show detail. Fine jewelry at select stores; log on to macys.com for locations. Almost all gemstones have been treated to enhance their beauty & require special care; log on to macys.com/gemstones or ask your sales professional. Extra savings taken off already reduced prices; "special" prices reflect extra savings. Specials are available while supplies last. Electrics & luggage carry mfrs' warranties; see back cover for details. Advertised merchandise may not be carried at your local Macy's & selection may vary by store. N4110076.

OPEN A MACY'S ACCOUNT FOR EXTRA 20% SAVINGS THE FIRST 2 DAYS, UP TO $100, WITH MORE REWARDS TO COME. Macy's credit card is available subject to credit approval; new account savings valid the day your account is opened and the next day; excludes services, selected licensed departments, gift cards, restaurants, gourmet food & wine. The new account savings are limited to a total of $100; application must qualify for immediate approval to receive extra savings; employees not eligible.